

Celebrating  
Seniors



2012

*Awards*

# Saskatchewan Seniors Mechanism

*'Seniors Working Together'*

The Saskatchewan Seniors Mechanism (SSM) is a non-profit, social benefit organization that was formed in 1990. The mission of SSM is to bring together Saskatchewan seniors' organizations to contribute to a better quality of life for seniors. This is done by:

- Research and action on issues affecting seniors
- Being a unified voice advocating for seniors
- Giving and receiving direction and support to/from member organizations
- Partnering with member organizations and other organizations;
- Creating awareness and coordination of resources and services for seniors.

SSM currently has 16 member organizations, which together include more than 100,000 seniors throughout the province. Current member organizations include: Canada Post Heritage Club – Golden Sheaf Chapter, Fédération des aînés fransaskois, Moose Jaw & District Seniors Association, National Association of Federal Retirees, Power Pioneers Association of Saskatchewan Inc., Regina Senior Citizens Centre Inc., Saskatchewan Federation of Union Retirees, Saskatchewan Retirees Association, Saskatchewan Seniors Association Incorporated, Saskatchewan Seniors Education Corporation, Saskatchewan Senior Fitness Association, Saskatoon Council on Aging, SaskTel Pioneers - Chapter 59, Senior Power, Superannuated Teachers of Saskatchewan and Women of the Dawn. SSM offers the opportunity for these groups to collaborate, thereby having a stronger voice and greater impact on issues affecting older adults.

At any given time, SSM is involved in a variety of projects — both ongoing and

specific, shorter-term projects. Ongoing work includes the quarterly publication of Gray Matters; a Seniors Information Line; an annual conference on a topic relevant to seniors — this year it was Remembering the Future — Can Medicare and Pensions Survive?; a Century Club for Seniors who are 90 years of age or older; and the Celebrating Seniors provincial senior volunteer awards.

SSM produced a toolkit for community groups and a handbook for individuals on fraud awareness. So far, approximately 225 toolkits and 7,300 handbooks have been distributed throughout Saskatchewan and approximately 250 presentations have been made on how to avoid frauds and scams.

The prevention of and response to elder abuse is a topic of great concern. To help address this, SSM is holding a series of roundtable discussions in various regions of the province to promote networking, with a goal of developing provincial networking. SSM is just beginning a project that will promote elder-abuse-free and age-friendly communities.

In Saskatchewan, there are more than 9,000 seniors who are 90 years of age and older. These "super seniors" have many wonderful stories to share and SSM is collecting some of these stories to be published in a book that will be called *A Century of Memories*.

SSM also meets with and makes presentations to government to raise awareness of issues that are important to seniors. Some current issues include affordable housing, aging in place and pensions. SSM recently held a series of forums on healthcare and pensions around the province, providing an opportunity for people to hear about what's happening and to share their views.

For more information, please visit the SSM website at [www.skseiniormechanism.ca](http://www.skseiniormechanism.ca).

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Congratulations to all of the Celebrating  
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